

Dear [Roommate's Name],

I hope this message finds you well. I wanted to take a moment to sincerely apologize for being noisy while you were studying. I realize that my actions may have disrupted your focus, and I am truly sorry for any inconvenience I caused.

Please know that it was never my intention to disturb you, and I appreciate your patience and understanding. I value our living arrangement and want to ensure that it remains a positive space for both of us.

Moving forward, I will be more mindful of keeping the noise down during your study times. If there are specific hours that work best for you, please let me know, and I will do my best to accommodate.

Thank you for your understanding, and again, I am really sorry for the disturbance. I hope we can move past this and continue to support each other as roommates.

Sincerely,
[Your Name]